78-day shadow workbook

The workbook is designed to help you understand yourself.
Its rhythm is tuned by the core cosmic bodies.

Daily structure:

- During the day: Read the focus point. Notice, don't judge, reflect. (Journal if you want.)

- Evening: Read the question and journal the answer. (First thought is the right one, even if it feels raw or uncomfortable. Pour it all out.)

- Additional recommendation 1: Meditate with the frequency linked to the week's cosmic body. (5 minutes minimum, longer is better. Frequencies can be found online or tuned manually in relevant apps.)

- Additional recommendation 2: Pull a physical Tarot card and reflect on how it resonates with the day. Remove this card from the deck to keep pace with 78 days. (The only proper Tarot deck is the one that you chose.)

Tips:

- Look for other 78s.

- Commit daily. Embrace regularity, forget perfection.

- We take no responsibility for what you discover and do with this knowledge.

- There is no right or wrong way to journey.

- There is no dogma.

Week 1 / Mercury / 141.27 Hz

Day 1
During the day: Notice when you criticize yourself.

Evening: What criticism surprised you most?

Day 2
During the day: Notice when you avoid speaking your own truth.

Evening: What truth are you most afraid to express?

Day 3
During the day: Notice when you use words to influence or control others.

Evening: What truth have you most often hidden behind words?

Day 4
During the day: Notice when you gossip.

Evening: What need does gossip cover for you?

Day 5
During the day: Notice when you doubt your own intelligence.

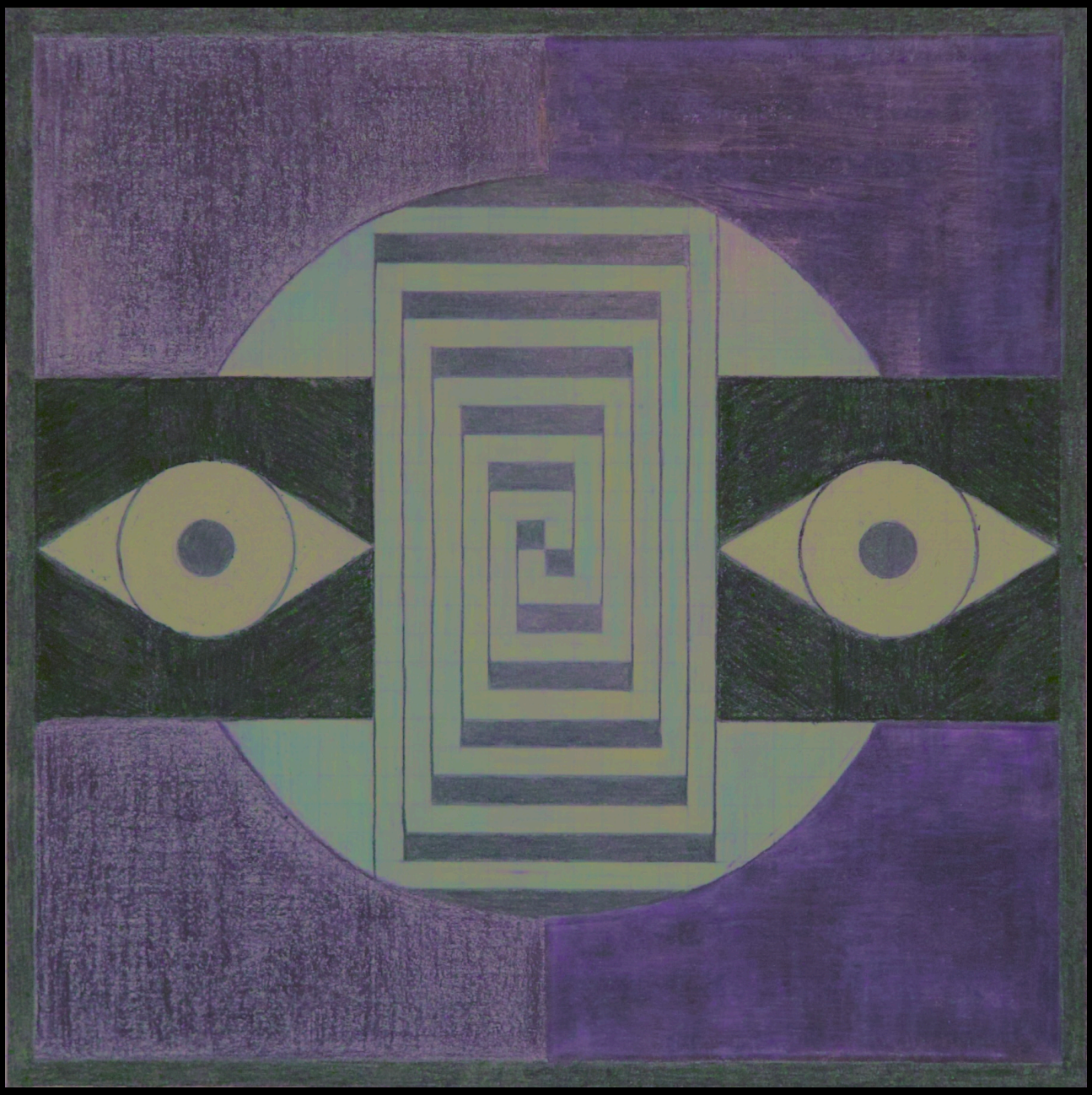
Evening: When did you first doubt yourself?

Day 6
During the day: Notice when you get pulled into distractions.

Evening: What are you trying not to face when you distract yourself?

Day 7
During the day: Notice when you lie to yourself.

Evening: What is the deepest lie you tell yourself?



Week 2 / Venus / 221.23 Hz

Day 8
During the day: Notice when you feel jealousy.

Evening: What insecurity hides beneath your jealousy?

Day 9
During the day: Notice when you fear rejection in interactions.

Evening: What rejection have you never recovered from?

Day 10
During the day: Notice when you seek external validation.

Evening: Whose approval do you crave most?

Day 11
During the day: Notice your relationship with beauty in yourself and others.

Evening: When did you first see your body as not enough?

Day 12
During the day: Notice when you withhold pleasure from yourself.

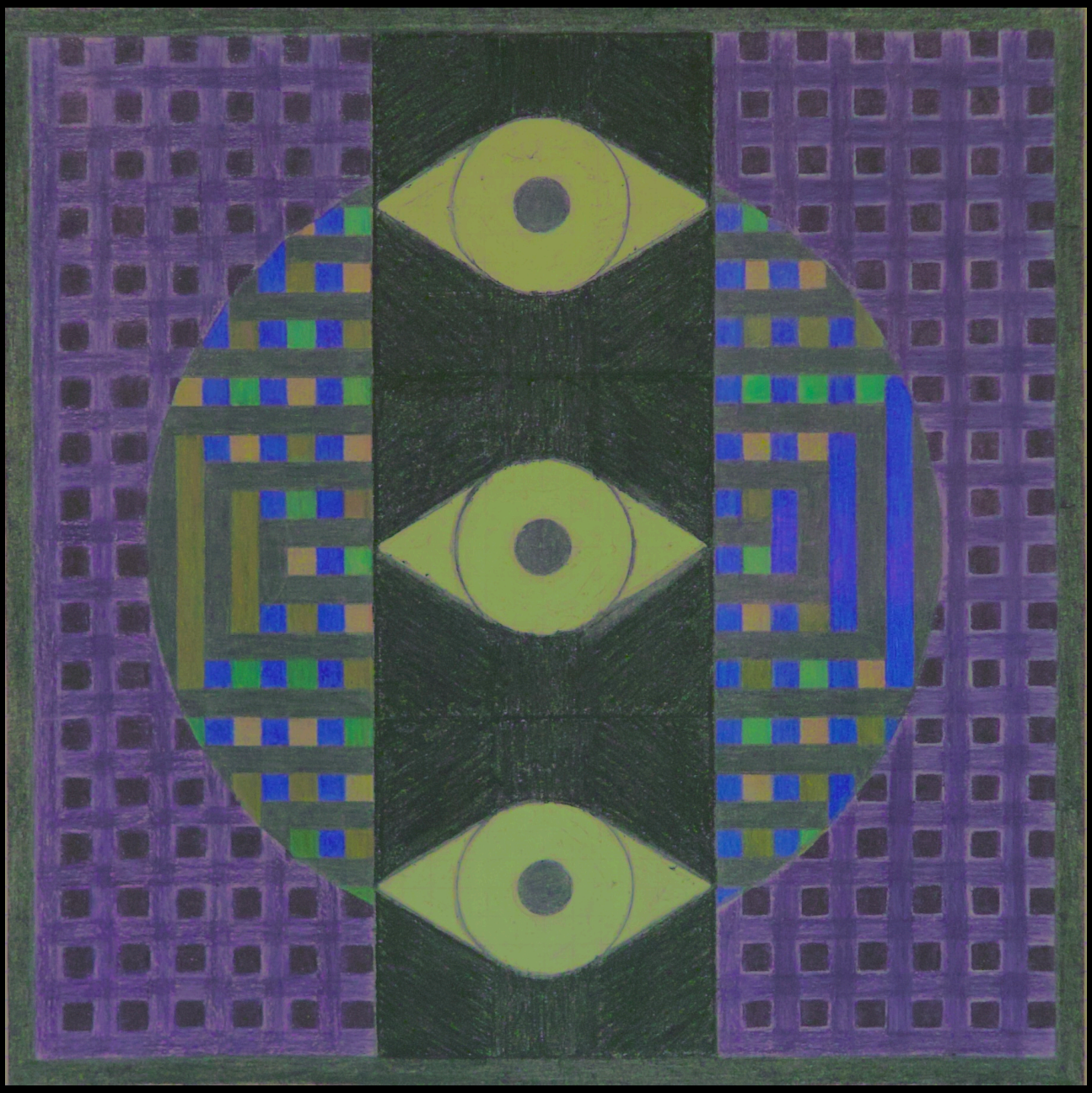
Evening: What emotion do you try to control by denying pleasure?

Day 13
During the day: Notice when you attach to someone or something.

Evening: What are you most afraid of losing?

Day 14
During the day: Notice when you experience true sensual pleasure.

Evening: When did you first feel guilty about enjoying something?



Week 3 / Earth / 194.18 Hz

Day 15
During the day: Notice how connected you feel to your body.

Evening: Which part of your body feels most alive, and which feels empty?

Day 16
During the day: Notice your bodily instincts.

Evening: What does your body know that your mind avoids?

Day 17
During the day: Notice your relationship with the natural world.

Evening: Which element of nature mirrors your state?

Day 18
During the day: Notice your relationship with material possessions.

Evening: Which objects do you use to define yourself?

Day 19
During the day: Notice where you feel truly safe.

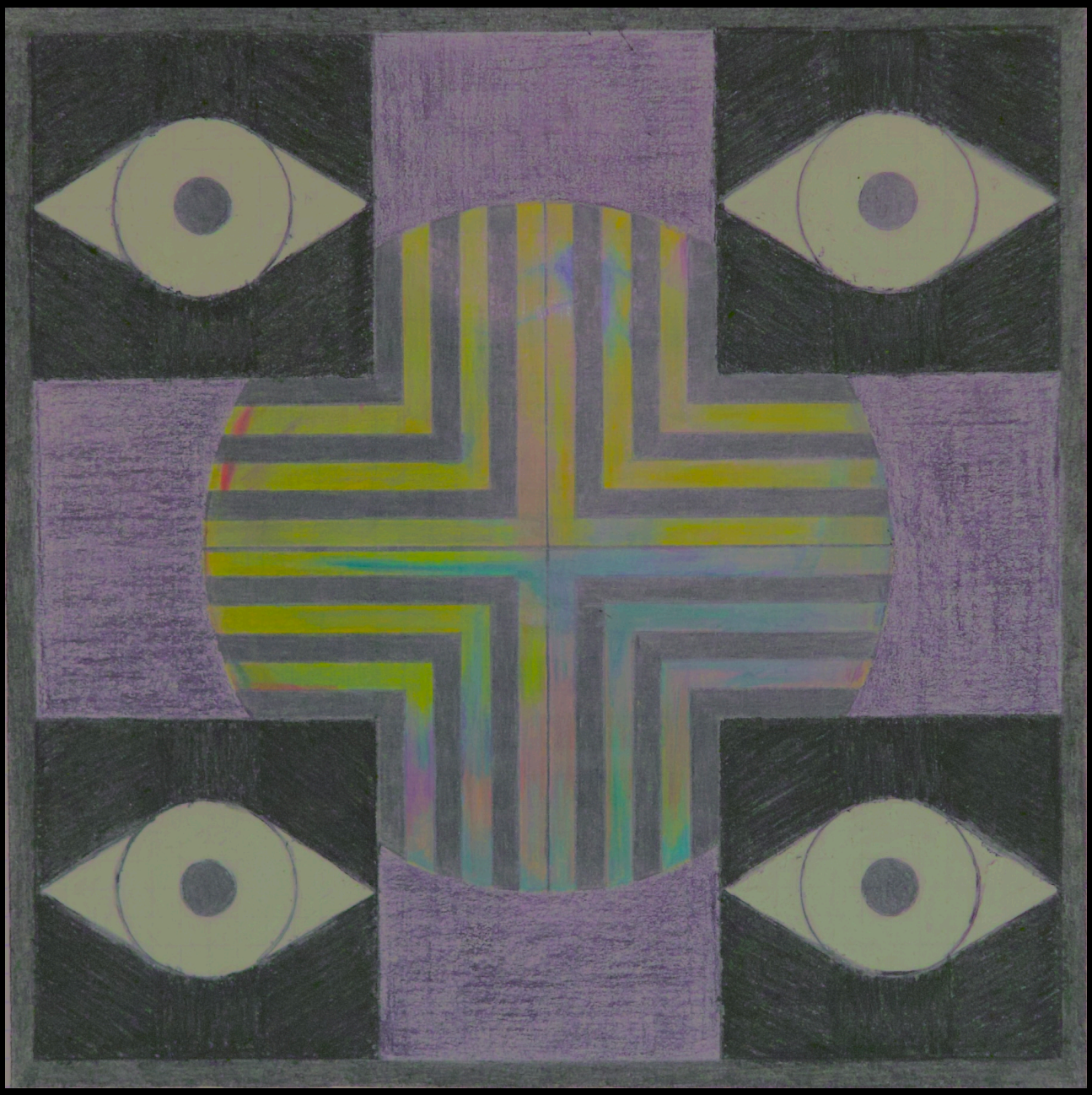
Evening: What is home for you?

Day 20
During the day: Notice when you act with gratitude.

Evening: What did today feel worth thanking?

Day 21
During the day: Notice your physical and environmental footprint.

Evening: How does the space you shape reflect who you are becoming?



Week 4 / Mars / 144.72 Hz

Day 22
During the day: Notice when you feel anger or frustration.

Evening: What wound fuels your anger most often?

Day 23
During the day: Notice when you feel competitive.

Evening: What fear drives your need to win?

Day 24
During the day: Notice when you feel powerless.

Evening: What would collapse if you stopped holding on?

Day 25
During the day: Notice your physical energy.

Evening: Which emotions drain you most?

Day 26
During the day: Notice when you act with assertiveness.

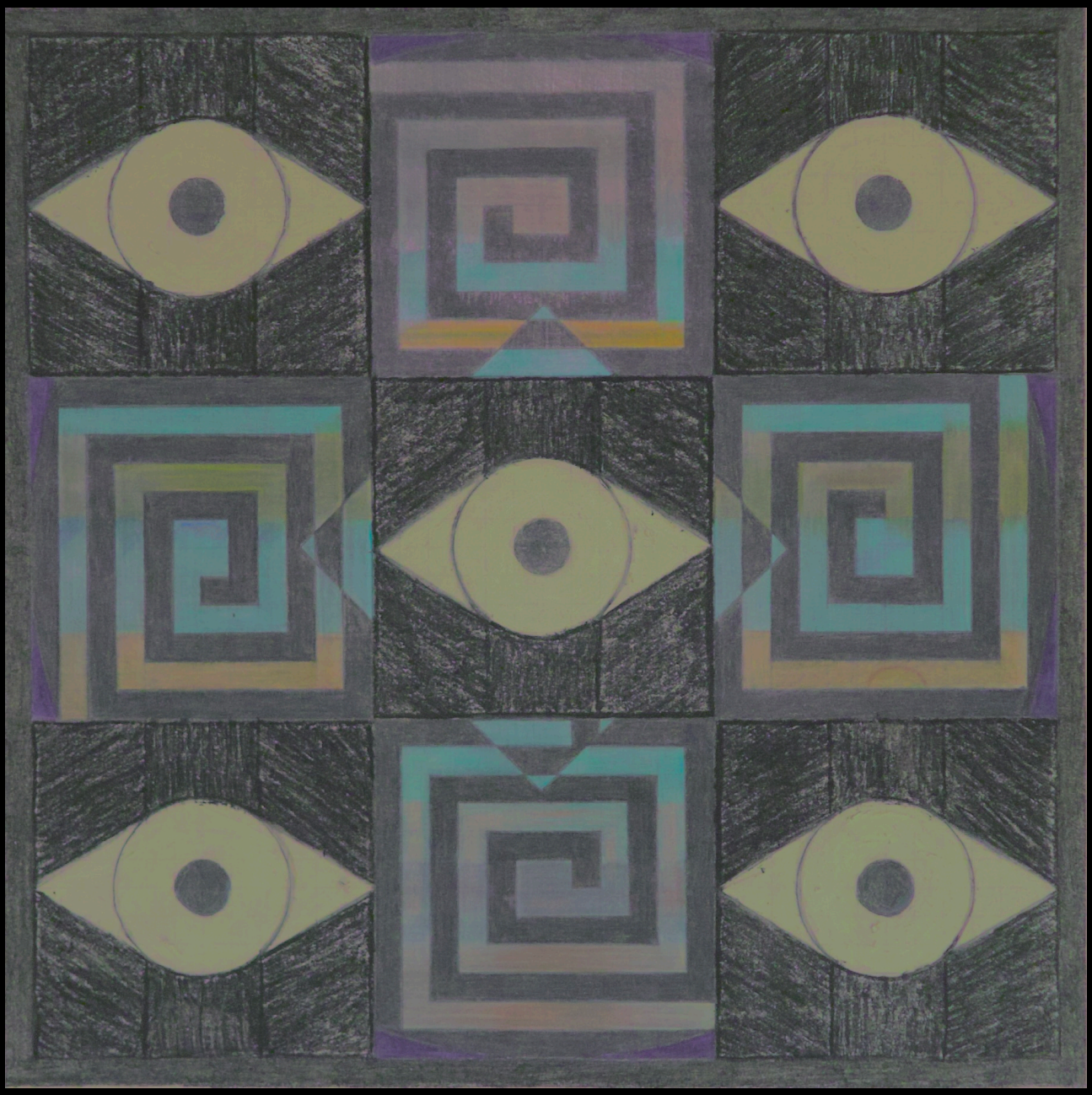
Evening: When do you hold back?

Day 27
During the day: Notice what you desire.

Evening: What would you dare ask for if your wish could come true?

Day 28
During the day: Notice when you act with courage.

Evening: What fear did you face today?



Week 5 / Jupiter / 183.58 Hz

Day 29
During the day: Notice where you limit your potential.

Evening: What belief about yourself feels too small?

Day 30
During the day: Notice how you respond to wealth, success, and freedom.

Evening: What would you lose if you expanded?

Day 31
During the day: Notice when you think, communicate, or act with arrogance.

Evening: Where did you learn arrogance?

Day 32
During the day: Notice when you feel a sense of higher purpose.

Evening: What collapses your faith?

Day 33
During the day: Notice when you fear success.

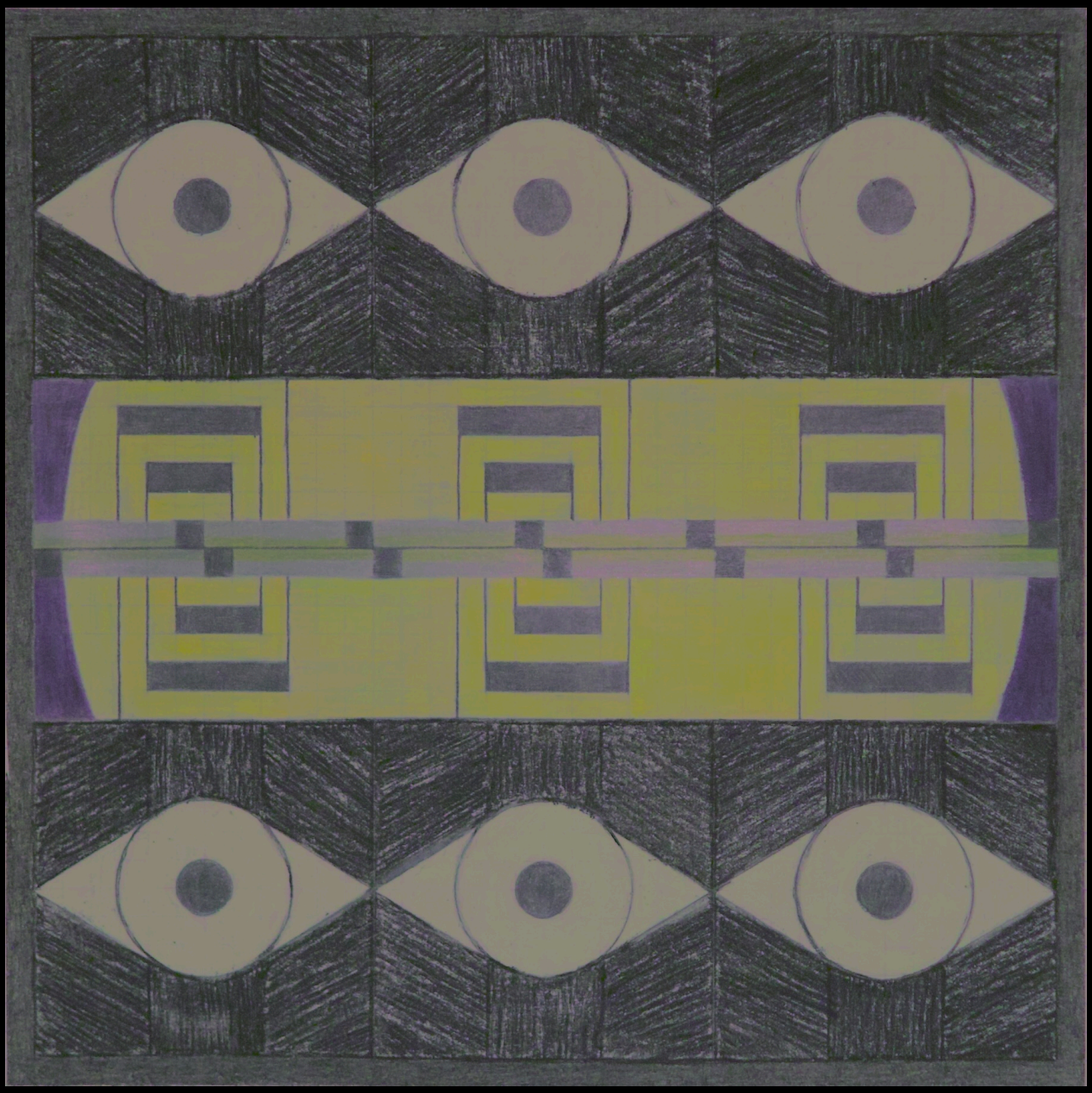
Evening: What part of you resists receiving?

Day 34
During the day: Notice when you feel joy.

Evening: What did joy change in you that fear never could?

Day 35
During the day: Notice when you act with generosity.

Evening: What do you hope to get when you give?



Week 6 / Saturn / 147.85 Hz

Day 36
During the day: Notice when you fear failure.

Evening: Which failure still chains you?

Day 37
During the day: Notice when you feel guilt or shame.

Evening: What social norm feels outdated?

Day 38
During the day: Notice when you feel rigid and resistant to change.

Evening: What structure would you like to build?

Day 39
During the day: Notice responsibilities you carry.

Evening: Which burden can you leave behind?

Day 40
During the day: Notice when you deny yourself.

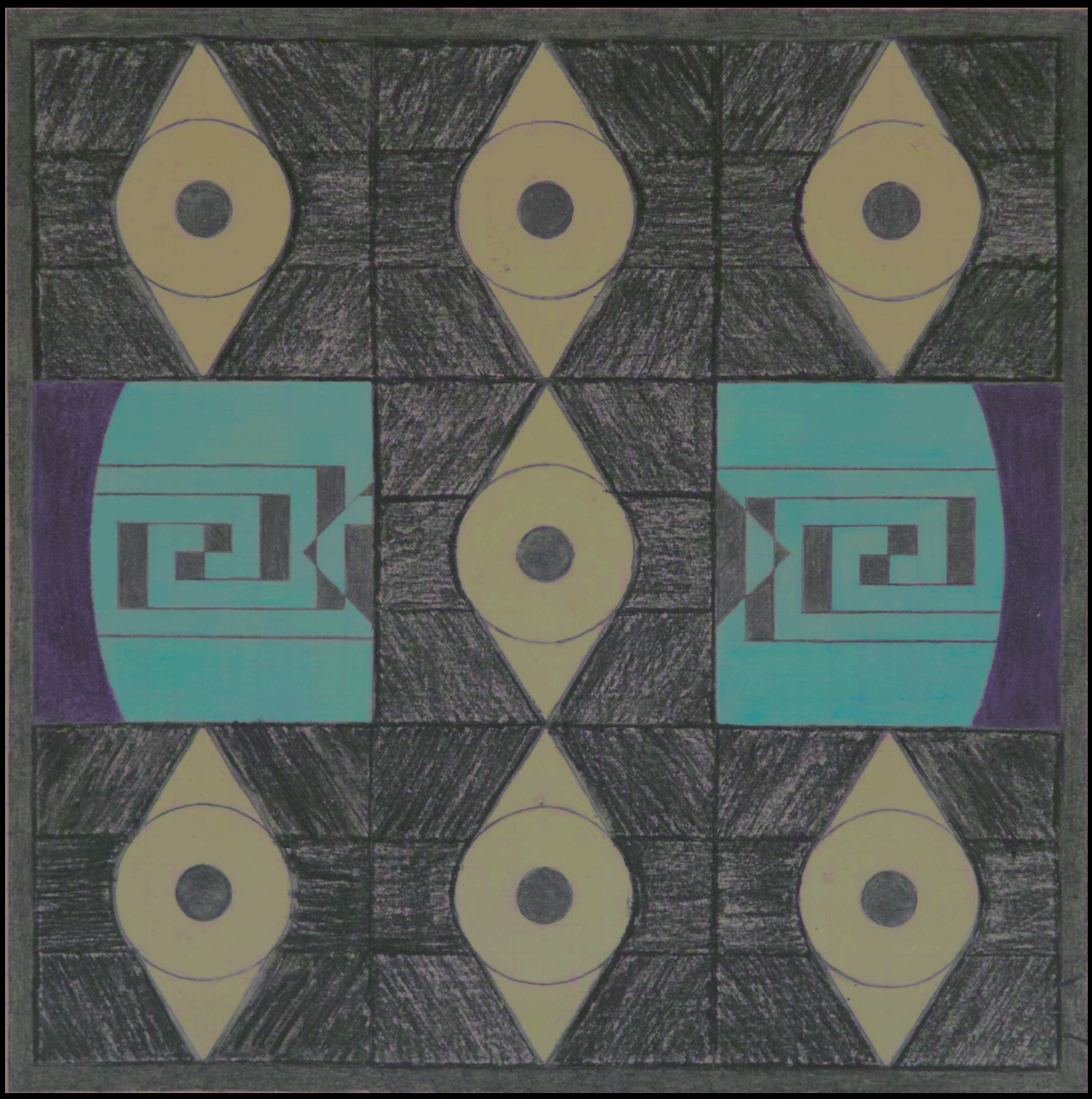
Evening: Which dogma do you obey against yourself?

Day 41
During the day: Notice your relationship with authority.

Evening: What do you expect others to carry for you?

Day 42
During the day: Notice how disciplined or undisciplined you feel.

Evening: What have you been putting off for too long?



Week 7 / Uranus / 207.36 Hz

Day 43
During the day: Notice when you suppress your uniqueness.

Evening: What super-power would you like to have?

Day 44
During the day: Notice how you react to sudden changes.

Evening: What about uncertainty scares you most?

Day 45
During the day: Notice when you feel the impulse to rebel.

Evening: What rebellion of yours reshaped you most?

Day 46
During the day: Notice when you feel authentic.

Evening: What part of your authentic self do you value most?

Day 47
During the day: Notice when you resist unpredictability.

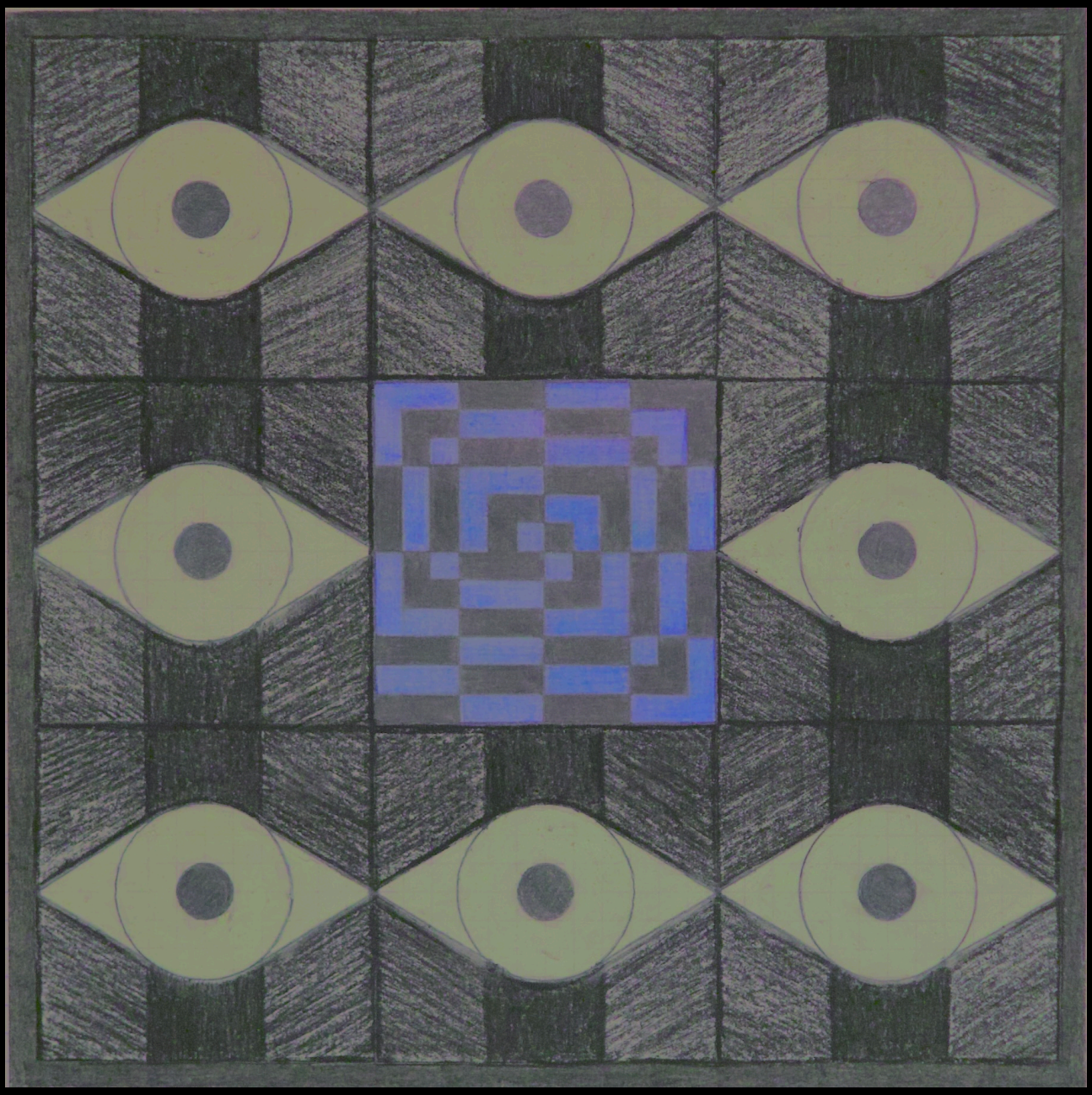
Evening: What safety net do you cling to?

Day 48
During the day: Notice when you feel detached.

Evening: When do you disconnect to protect yourself?

Day 49
During the day: Notice when you feel innovative.

Evening: What feels new in you?



Week 8 / Neptune / 211.44 Hz

Day 50
During the day: Notice when you want to escape.

Evening: What reality are you avoiding?

Day 51
During the day: Notice when you dream away.

Evening: What bridges your dreams and everyday life?

Day 52
During the day: Notice when you face illusions.

Evening: What have you convinced yourself could never be real?

Day 53
During the day: Notice when you follow your intuition.

Evening: What stops you from following your inner voice more often?

Day 54
During the day: Notice when you feel compassion.

Evening: How does compassion empower you?

Day 55
During the day: Notice when you feel confused.

Evening: Why didn't the unknown scare you as a child?

Day 56
During the day: Notice how you experience spirituality.

Evening: What is sacred for you?

Week 9 / Pluto / 140.25 Hz

Day 57
During the day: Notice fears related to endings.

Evening: What ending are you resisting?

Day 58
During the day: Notice your relationship with control.

Evening: Which part of yourself do you keep on a tight leash?

Day 59
During the day: Notice your obsessions.

Evening: What hidden desire influences your behavior?

Day 60
During the day: Notice when you feel loss.

Evening: Which loss have you not fully grieved?

Day 61
During the day: Notice how you transform.

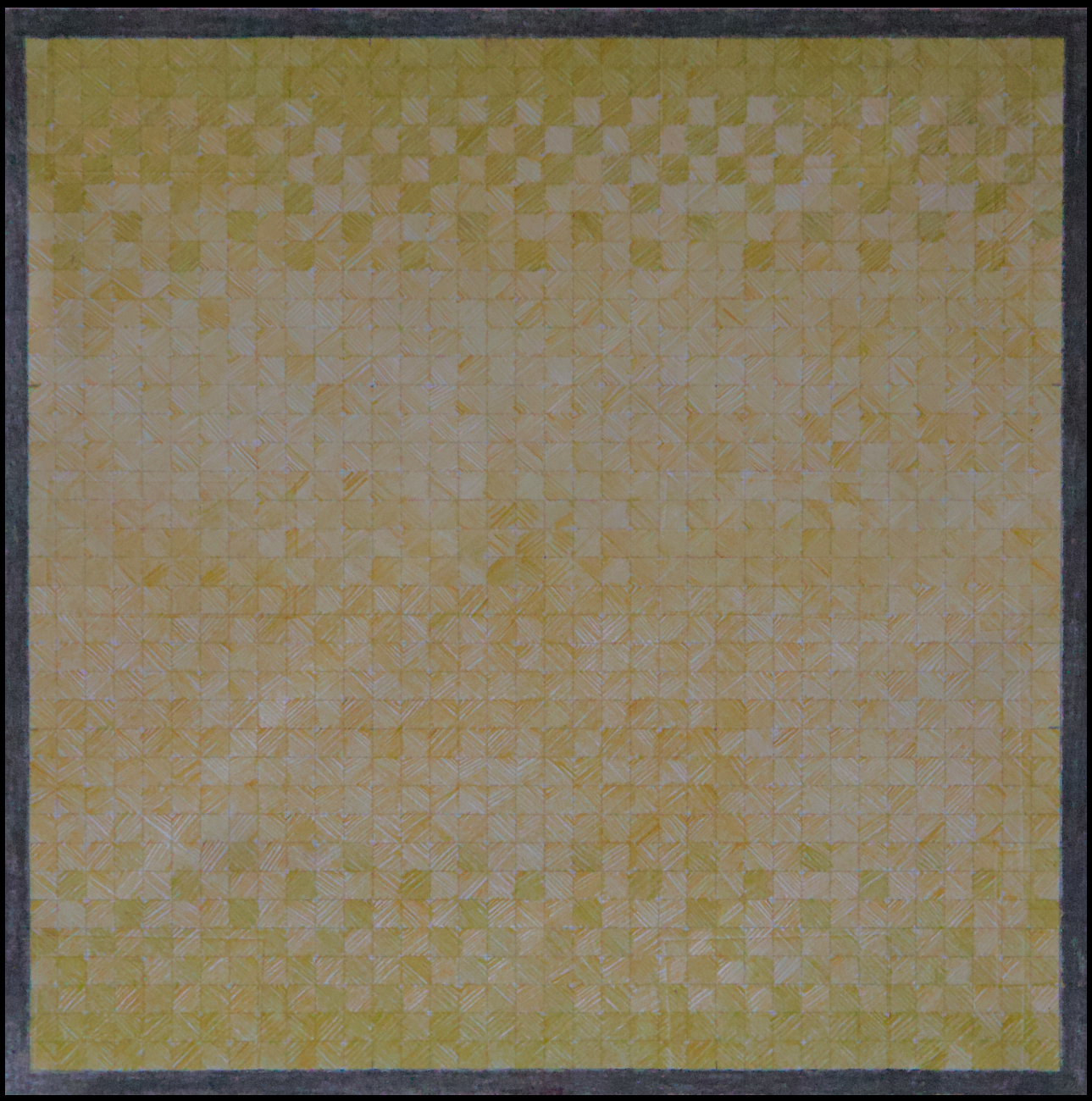
Evening: What has transformed in you since this journey began?

Day 62
During the day: Notice your self-sabotaging patterns.

Evening: Which self-sabotage in others mirrors your own?

Day 63
During the day: Notice what you have not noticed before.

Evening: Why do you see more than before?



Week 10 / Sun / 126.22 Hz

Day 64
During the day: Notice when you feel truly confident.

Evening: What has changed in how you speak to yourself?

Day 65
During the day: Notice whether you have clarity of identity.

Evening: What mission feels true to your core now?

Day 66
During the day: Notice your creative sparks.

Evening: What do you want to start creating?

Day 67
During the day: Notice when you are visible today.

Evening: What does it mean to be seen and not hide?

Day 68
During the day: Notice how you act when you feel purposeful.

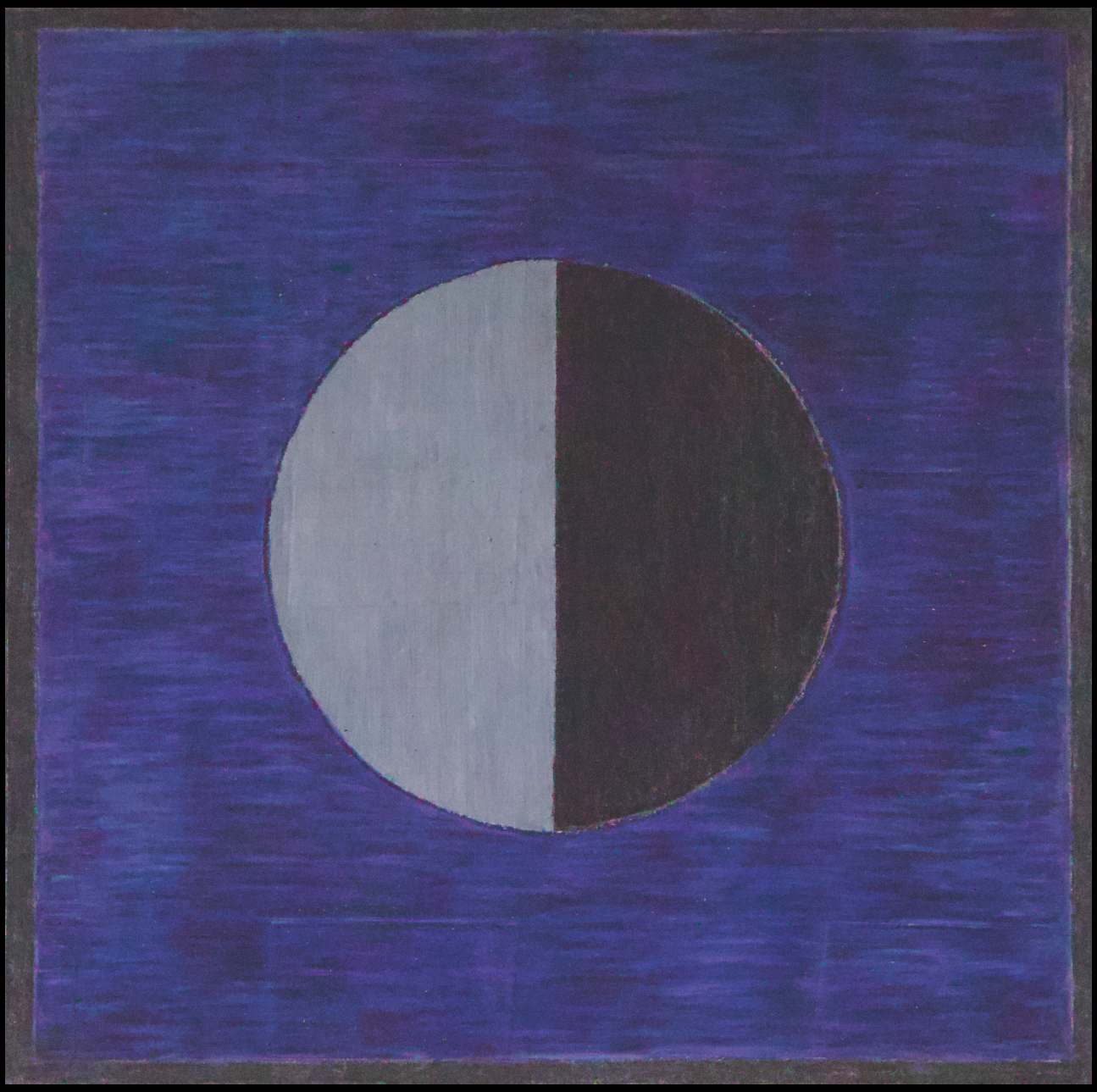
Evening: Which purpose no longer feels yours?

Day 69
During the day: Notice when your inner authority is speaking.

Evening: What can you now say out loud without hesitation?

Day 70
During the day: Notice when you feel present.

Evening: How much of your day do you live without presence?



Week 11 / Moon / 210.42 Hz

Day 71
During the day: Notice when you feel emotional.

Evening: How do you respond to unexpected emotions?

Day 72
During the day: Notice your unconscious responses.

Evening: What insight today felt true?

Day 73
During the day: Notice the symbols around you.

Evening: What does the bridge symbolize for you?

Day 74
During the day: Notice when you feel vulnerable.

Evening: Where does your need to protect the oppressed come from?

Day 75
During the day: Notice when you face circling fears.

Evening: How do you treat discomfort in yourself?

Day 76
During the day: Notice when you face the outdated patterns.

Evening: Which memory can you now hold without breaking?

Day 77
During the day: Notice the difference between what once felt like effort and what now feels effortless.

Evening: What have you discovered about yourself?

Week 12 / You

Day 78
During the day: Notice when you don’t wear a mask.

Evening: Who are you?

Outro:

This is the end of the structure but not of the change. If you want to continue, do it from where you stand, not from where you began.

If you share the workbook, let the others choose it with full awareness.

There is no ceremony.
Let yourself be emptied.
Let yourself be full.
Let yourself be.
Now begin.